



# Strawberries

Illinois Strawberries are available mid-May through June.

## Strawberries Are Good For You

Strawberries are . . .

- high in vitamin C
- a good source of potassium
- a source of fiber.

## How to Buy Strawberries

Choose berries that are brightly colored, firm, and have hulls (caps) attached. Check underneath the top layer of strawberries in a box or basket for smashed or moldy berries. Do not buy boxes that are stained and leaking.

1 pound of fresh strawberries equals . . .

- 2/3 quart

A quart container of fresh strawberries equals . . .

- 1½ pounds
- 4 cups sliced berries.

## How to Store Strawberries

Strawberries will not ripen further after picking. When you bring home a box of berries, gently empty it and check the fruit. Use soft, overripe berries for eating right away. Throw away any smashed or moldy berries. Store strawberries in the refrigerator, loosely covered with plastic wrap or a paper towel until ready to use. Use berries within 1 to 2 days, washing and hulling them as you use them.

## How to Use Strawberries

Once strawberries are hulled and cut, they lose their vitamin C content quickly, so prepare them just before serving.

Although it is hard to improve on eating fresh strawberries just as they are, here are a few other ideas:

- Combine sliced strawberries and plain or vanilla yogurt for a lower-sugar alternative to commercial strawberry yogurt.
- Serve vanilla yogurt as a dip for whole strawberries.
- Fill a melon wedge with strawberries.
- Serve sliced strawberries on top of . . .
  - cold or cooked cereal
  - pancakes, waffles or French toast instead of syrup
  - ice cream or sherbet.
- Add sliced strawberries to a fresh spinach salad, and serve with poppy seed dressing.
- Add to a fruit salad. Instead of sweetening with sugar, try a little orange or pineapple juice concentrate as a “dressing.”
- Pack fresh strawberries into an ice cream cone.
- Make a “strawberry on a stick” by inserting a Popsicle stick into a large berry. Serve fresh or frozen.

# Strawberry Recipes

## Strawberry Ambrosia

Serves 6

2 cups sliced strawberries  
2 tsp. honey  
1 tsp. orange extract  
2 oranges  
½ cup flaked coconut

Calories: 90 per serving  
Fat: 3 grams per serving

### *Directions:*

Toss strawberries, honey and orange extract in a bowl. Cut oranges in half and remove segments leaving the shell whole. Cut orange segments into pieces and toss with strawberries and coconut. Spoon into shells and chill before serving.

## Morning Shake

Serves 2

1 cup skim milk  
1 cup sliced strawberries  
3 Tbsps. frozen orange juice concentrate  
½ tsp. vanilla extract

Calories: 120 per serving  
Fat: 0 grams per serving

### *Directions:*

Put all ingredients in blender. Cover and blend until smooth.

Serve at once.

## Strawberry Shortcake

Serves 8

4 cups sliced fresh strawberries  
¼ cup sugar  
8 oz. box biscuit-type mix (or 1¾ cups of mix)  
4 tsps. sugar  
2 Tbsps. melted shortening  
⅓ cup skim milk  
1 Tbsp. flour  
1½ cups no-fat whipped topping

Calories: 230 per serving  
Fat: 7 grams per serving

### *Directions:*

Put strawberries in a bowl and sprinkle with ¼ cup sugar. Set aside for an hour or until strawberries make their own “juice.”

Preheat oven to 450°F. Combine biscuit mix, 4 teaspoons sugar, shortening and milk until you have a soft dough. Turn onto a surface dusted with 1 tablespoon flour and knead quickly 20 times. Pat or roll dough ¼” thick. Cut into 8 squares, or cut with a floured 3” cookie cutter. Bake on un-greased baking sheet 8-10 minutes. Split warm short cakes into two layers.

Just before serving, drain the strawberries and save the “juice.” Make each dessert by putting ¼ cup strawberries between short cake layers, another ¼ cup strawberries on top, and then ¼ cup whipped topping. Finish with a drizzle of the strawberry “juice.”